



Brilliant Restaurant

Exploring Mood-boosting Menu Items

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The food at Brilliant Restaurant is expertly prepared to make sure that each dish is authentic and full of flavour. Combined with excellent customer service, this ensures that diners have the best possible experience, leaving contented after their meal and looking forward to their next visit. However, it isn't just the [extensive menu](#), the high quality food and the friendly service that puts a smile on their face; a range of the ingredients used in the dishes really do have the potential to boost your mood. Here are just some of the mood-enhancing foods that you will find on the menu, which if included regularly as part of a well-balanced diet can promote improved well-being.

Seafood

There are many ways in which fish and shell-fish can benefit health and one of the advantages is that they are probably the best source of omega-3 fatty acids in the diet. These essential fatty acids are vital for our brain function, as they are found in high concentrations in our brain and we need a regular supply of these from our diet. Research shows that getting enough omega-3 from our diet may [cut the risk of depression](#) and experts recommend aiming for two portions of oily fish each week to enhance our mood. Choose Tandoori Salmon from the menu to give you one of these portions. Besides oily fish, prawns offer another source of these healthy fats, so opt for Masala King Prawns, Karahi Prawns or Tandoori La Jawab Prawns as an alternative.

Chicken

Not only is poultry a great option for low-fat protein, but it is rich in an amino acid called tryptophan, which may play a role in [promoting a balanced mood](#). In the body this amino acid is converted into serotonin, one of the brain's feel-good chemicals, which explains why eating more foods rich in tryptophan may help us to feel brighter. Chicken is also a good source of selenium, which may additionally benefit our mental well-being. This mineral protects the brain from damage and is also essential for the production of thyroid hormones, which themselves affect the way we feel. The Methi Chicken is one of the healthiest dishes available at Brilliant Restaurant, while poultry features in a variety of other flavoursome dishes on the A La Carte menu.

Pulses

Peas, beans and lentils are one of the best sources of protein for vegetarians, but everyone can gain from including pulses in their diet. Pulses are high in fibre and as

a result release their carbohydrate content slowly. This promotes stable blood sugars, which is [beneficial for our mental wellness](#). An added benefit is that they are rich in folic acid, one of the B vitamins that protect the health of our brain cells. Take your pick from Dal Tarka, Dal Makhani or Alu Chollay on the menu to enjoy the benefits of pulses.

Spices and other flavourings

Besides being integral to the unique flavour of each dish, spices nourish both body and mind, and may offer health benefits when eaten regularly. Some people may even go as far to view them as alternative medicines, using a combination of seasonings that are thought to help their particular ailment. While it's inadvisable to rely on these instead of using prescribed medications, they offer a natural alternative to other substances you might be tempted to use. When feeling low in mood, comfort eating, smoking, drinking alcohol and [using drugs is often seen as a way to escape](#) or at least offer some relief. However, it's all too easy to form unhealthy habits, such as binge eating, dependency on alcohol or synthetic marijuana [spice addiction](#). As a healthier alternative, there is interest in the use of chillies, turmeric, ginger, coriander and garlic to naturally lift our mood:

- Eating chillies not only give us a warm feeling, but they may [trigger the release of endorphins](#), another mood-boosting brain chemical; the Lamb Curry and Brilliant Chilli Chicken Half are just two of the dishes that contain these fiery ingredients.
- Research from India shows that [coriander may lessen feelings of anxiety](#), which often accompanies feelings of low mood. From the vegetarian starter Papri Chaat to the Chicken Curry, coriander features in many dishes on the menu at Brilliant Restaurant.
- Meanwhile, [ginger is a warming spice](#), but this isn't the only way in which a dish like Alu Gobi or Masala Lamb provides comfort. Ginger promotes a healthy blood flow, which helps to deliver a steady supply of nutrients needed for mental wellness to our brain; it is also an anti-inflammatory agent, possibly offering relief from migraines.
- Like ginger, turmeric is known for its anti-inflammatory properties, which doesn't just help to relieve sore and swollen joints, it may help brain health too.
- Garlic may additionally [boost our well-being](#) through its ability to improve our circulation. The Tandoori Malai Tikka, Vegetable Shashlik and the Masala Lamb are just three dishes that contain this mood-enhancing ingredient.